



PIONEER SPIRIT NEWSLETTER

Saint Paul Parks and Recreation
Programs for Adults 50+
50 W. Kellogg Blvd.
Room 840 RCGC West
Saint Paul, MN 55102

THE PIONEER SPIRIT IS PUBLISHED WITH
THE ASSISTANCE OF THE ADAPTIVE
PROGRAMS STAFF AND SAINT PAUL
PUBLIC SCHOOLS

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FALL, 2008

September, October, November



HIKING CLUB

Just one of the Recreation
Opportunities for Adults age 50+
For more information and the
Hiking Club Schedule, see page 8.

Helping to make Saint Paul, the Most Livable City in America.

CONTENTS

CITY PASSPORT ACTIVITIES

| | |
|----------------------------------|----|
| Accordion Sing-along | 9 |
| Cardboard Bingo | 9 |
| City Passport Information | 9 |
| Collector's Road Show | 9 |
| HealthEast Passport Players..... | 10 |
| Ice Cream Float Hour | 10 |
| Ladies' Tea | 10 |
| T'ai Chi | 9 |

CLASSES

| | |
|-------------------------|---|
| Cooking Class | 5 |
| Gift Basket Class | 5 |
| Senior Exercise | 5 |
| Tai Chi Chih..... | 6 |
| Tai Chi Chuan | 6 |

CLUBS/LEAGUES/ONGOING

| | |
|----------------------------------|---|
| Bowling League | 7 |
| Brunch Club..... | 7 |
| Golden Melody Makers Chorus..... | 7 |
| Hiking Club | 8 |

OTHER PROGRAMS/SERVICES

| | |
|---|----|
| Keystone Senior Program | 12 |
| West 7 th Community Center | 12 |
| Weekly Senior Groups at Rec. Ctrs. | 11 |

PROGRAM INFORMATION

| | |
|---------------------------------|----|
| Refund Policy | 2 |
| Registration Information+ | 2 |
| Registration Form | 13 |
| Welcome Aboard | 5 |

SPECIAL EVENTS

| | |
|----------------------------|---|
| Card Tournament | 4 |
| Gone Fishing! | 4 |
| Saint Paul Art Crawl | 9 |

TRIPS AND TOURS

| | |
|---|---|
| Old Log Theater "Unnecessary Farce" | 3 |
| Pavek Museum of Broadcasting..... | 3 |
| Turtle Lake Casino | 3 |

RECREATION PROGRAMS FOR ADULTS 50+

The Pioneer Spirit newsletter is published quarterly. Each season we advertise a variety of recreation opportunities for adults age 50+.

Registration: Most activities advertised in this newsletter require advance registration. For recreation programs offered through the city-wide 50+ section, use the registration form on page 13 and mail that with your payment.

Before September 5,

the address is:

Saint Paul Parks and Recreation,
Adults 50+,
25 W. 4th Street, 300 CHA
Saint Paul, MN 55102.

Beginning September 8,

the address is:
Saint Paul Parks and Recreation
Adults 50+

50 W. Kellogg Blvd.
Room 840 RCGC West
Saint Paul, MN 55102

You may also call 651-266-6447 and register by phone and pay with a credit card.

For activities offered at City Passport, follow the directions listed in the articles on that page.

For activities offered by other organizations and agencies, call the phone number listed for that agency.

PLEASE NOTE:
Saint Paul Parks
and Recreation
Offices will be
moving.

REFUND POLICY

All refunds must be requested prior to the date of the event or first meeting of a series. Refunds will not be issued for any reason for any registration costing \$10.00 or less. Refunds will be reduced by \$10.00. Exceptions will be granted only if Parks and Recreation is unable to provide the full service for which a fee was originally collected, e.g. class/lessons canceled. **ALLOW FOUR WEEKS FOR REFUND**

TRIPS AND TOURS

PAVEK MUSEUM OF BROADCASTING

WHEN: Tuesday, September 30
WHERE: St. Louis Park, MN
TIME: 1-hour tour starts at 2:00 p.m.
COST: \$10
DEADLINE: Wednesday, September 24
CONTACT: Mary, 651-266-6447

The Pavek Museum of Broadcasting is one of the best-kept secrets in the Twin Cities. There are over 12,000 square feet of antique radios, televisions, and broadcast equipment. Some of the items include one of the first RCA Theremins ever made, the actual record lathe used to cut the discs for **The Jazz Singer**, an Edison cylinder phonograph, and a replica of Edison's very first phonograph. There are also videotaped interviews in which people from the local broadcast industry tell their stories and talk about changes they've seen in radio and television.

Van pick-up locations are:
Conway Rec. Center, (2090 Conway),
City Passport (375 Jackson) and
Edgumbe Rec. Center (320 S. Griggs).

OLD LOG THEATER "Unnecessary Farce"

WHEN: Wednesday, October 15
WHERE: Old Log Theater
TIME: 10 a.m. – 4 p.m.
COST: \$37
DEADLINE: Monday, October 5
CONTACT: Mary, 651-266-6447

A comic romp, Unnecessary Farce makes its Twin Cities premier at the Old Log Theater. Deadly bagpipes, a bumbling mayor, incompetent cops, the Highland Clan's Big Mac and the infamous Highland Hitman all converge in a hotel room where the city's new accountant detects embezzlement. To crack the case, the officers must overcome their fear of the dark, guns, enclosed spaces, and the opposite sex.

Lunch choices are: smoked porkchops, walleye pike almandine, stuffed chicken breast or vegetarian lasagna. Pick-up sites are: Conway Rec. Center (2090 Conway), City Passport (375 Jackson), Edgumbe Rec. Center (320 S. Griggs) Graham Place Apts (1745 Graham Ave).

ST. CROIX CASINO / TURTLE LAKE

WHEN: Wednesday, November 19
WHERE: Turtle Lake, Wisconsin
DEADLINE: Wednesday, November 12 (call if you miss the deadline)
CONTACT: Mary, 651-266-6447
TIME: 8:15 a.m. to 4:30 p.m.
COST: \$5 per person

Experience the luck of the turtle at Turtle Lake Casino. There are a wide variety of slot machines, live roulette, baccarat, black jack, and a delicious buffet. We will be at the casino from 10:30 a.m. to 2:30 p.m. Upon arrival, participants will receive \$5.00 in quarters. Participants need to provide their date of birth and TLC number if they have one. **Pick ups start at 8:15 a.m. and include :**

Edgumbe Recreation. Center, (320 S. Griggs)
City Passport (375 Jackson) St. Louis Church (10th & Cedar),
Conway Recreation Center, (2090 Conway)

SPECIAL EVENTS

GONE FISHING!

WHEN: Thursday, September 25
WHERE: Lake Phalen Fishing Pier
TIME: 9:30 a.m.– 12 noon
COST: \$4.00 (no transportation)
\$10 (with transportation)
DEADLINE: Monday, September 8
CONTACT: Mary, 651-266-6447

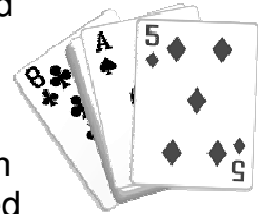
Whether you're a regular angler or haven't fished in years, join us for our first urban fishing expedition. A representative from the DNR will bring all the equipment and bait. You will receive pointers on fishing in general, plus information about fishing lakes in the Saint Paul area. Coffee, lemonade and snacks will be provided. Meet in the Phalen Picnic Pavilion parking lot and we'll walk to the pier together. Van transportation will be available from Edgumbe Recreation Center (320 S. Griggs) and West Minnehaha Recreation Center (685 West Minnehaha). If you register by the deadline, you may not need a license. We will apply for a one-day waiver on your behalf. For more information, contact Mary at 651-266-6447.



BRIDGE, CRIBBAGE AND 500 TOURNAMENT DAY

WHEN: Sunday, November 2
TIME: 12:00 - 4:30 p.m.
WHERE: Conway Recreation Center
2090 Conway Street
COST: \$15/person (no transportation)
\$21/person (with transportation)
DEADLINE: Monday, October 20
CONTACT: Mary, 651-266-6447

Enjoy a day of social and recreational cards with lunch. Register for the 500, cribbage, or bridge tournament. Doors open at noon with lunch served at 12:30 p.m. A catered lunch will be served, featuring chicken, vegetable, mashed potatoes, salad, roll and butter, coffee and lemonade.



Rules for the tournament will be reviewed at 1:20 p.m., with play beginning around 1:30 p.m. Score cards will be collected after a one-minute warning. The tournament is expected to end around 4:15 p.m. Prizes will be awarded to the top three scorers in each card group. Cribbage and 500 participants may register as individuals because the scoring will be tallied and awarded individually. Bridge players may register as partners. If you want to play bridge but do not have a partner, register as an individual and we will pair you up with another individual. Bridge scoring will be tallied and awarded as partners. Transportation pick-up locations include: West Minnehaha Rec. Center (685 W. Minnehaha), City Passport, (375 Jackson Street) Edgumbe Rec. Center (320 S. Griggs).

CLASSES

COOKING CLASS:

Comfort Food-Fall Flavors

WHEN: Thursday, October 2
WHERE: Battle Creek Rec. Center
TIME: 10 a.m. – 12 noon
COST: \$5
DEADLINE: Wednesday, Sept. 24
CONTACT: Mary, 651-266-6447

As we “fall” into autumn and savor the crisp, cool weather join us as we cook up fall flavors! In this class we will be exploring: hearty minestrone soup, roasted butternut squash and pear salad, an Italian pizza with basil and grilled chicken, the classic Shepherd’s pie, and finally a pecan pie that you won’t believe is light! This class is presented by Cerenity Senior Care: Dan McGuire - Director of Nutrition Services, Amanda Leisenheimer - Registered Dietician, Ann Naithani, - Business Development Consultant

GIFT BASKET CLASS

WHEN: Tuesday, October 14
WHERE: Edgumbe Recreation Center
TIME: 9:30 a.m. – 12:00 noon
COST: \$20
DEADLINE: Tuesday, October 7
CLASS SIZE: minimum 5, maximum 10
CONTACT: Mary, 651-266-6447

Learn the art of creating a gift basket. This class will be taught by the owner of “The Basket Case”. At the end of class you will have a beautiful gift to take home. Choose one of two styles. “Tea for Two” holds a variety of herbal teas, gourmet cookies, flavored coffees, chocolates and mints. “Sundae Best” includes a variety of toppings and other items to make that special ice cream sundae. Indicate your choice on the registration page. Register in advance so we have enough supplies.

SENIOR EXERCISE

WHEN: Tuesdays and Thursdays
Sess. VI-08: Sept 23–Oct 16
Sess. VII-08: Oct. 21–Nov. 18
(no class on November 4)
Sess VIII-08: Nov. 20–Dec. 18
(no class on November 27)
TIME: 11:30 a.m.-12:30 p.m.
WHERE: Hillcrest Recreation Center
1978 Ford Parkway
INSTRUCTOR: Teresa Davenport
COST: \$25 per session*
DEADLINE: One week prior to start date
CONTACT: Mary, 651-266-6447

Improve your physical fitness, heart rate and flexibility. Each class includes stretching, warm-up exercises, strength building and toning. Exercises can be adapted for all mobility levels. Bring a towel or mat and a water bottle if you choose. Wear tennis shoes and loose fitting clothes for ease of movement. Always consult your physician before beginning any new exercise program. Late registrations will be accepted. We must have a minimum of six students to conduct the class. *Students who wish to participate must pay the full fee of \$25.00 regardless of start date or missed classes.



CLASSES

T'AI CHI CHUAN

WHEN: Session III-08
Thursdays, Sept. 18 – Oct. 23
Session IV-08
Thursdays, Nov. 6 – Dec. 18
(no class on Nov. 27)
WHERE: Martin Luther King Rec. Center
271 Mackubin Street
TIME: Intermediate: 5:30 – 6:30 p.m.
Beginner: 6:30 – 7:30 p.m.
COST: \$35/person/session of 6 classes
INSTRUCTOR: Barb Frankel
DEADLINE: One week prior to start date
(please call if you miss the deadline)
CONTACT: Mary, 651-266-6447

Students can learn this Yang style short form of T'ai Chi. Emphasis is on relaxation, balance and focus. The exercises use slow, rhythmic movements in a variety of standing postures. Through T'ai Chi Chuan you can develop flexibility, confidence and coordination.

WELCOME ABOARD

Please welcome Trenton Henspeter as the new staff person in the Recreation Program for Adults age 50+. Trenton has worked for the City of Saint Paul, Division of Parks and Recreation for approximately 2½ years. He has a degree in Recreation, Parks and Leisure Services with an emphasis in Resource Management from Minnesota State University Mankato. Trenton is very enthusiastic about his future with the Program for Adults age 50+. He is looking forward to getting to know the programs, activities and people who participate. Trenton will begin his duties in the 50+ program sometime in early September.

TAI CHI CHIH

WHEN: Tuesdays, Sept. 23 – Nov. 18
(no class on October 21)
TIME: Intermediate: 1:00 – 2:00 p.m.
Beginner: 2:15-3:30 p.m.
COST: Intermediate: \$25
Beginner: \$35
WHERE: Linwood Recreation Center
860 St. Clair Avenue
INSTRUCTOR: Sandra Skach
DEADLINE: Tuesday, September 16
CONTACT: Mary, 651-266-6447

The beginning class is for those who are interested in learning T'ai Chi Chih, a moving meditation based on the Chinese philosophy of promoting vitality, longevity, more abundant health, stress relief and heightened mind-body awareness.

The intermediate class is for students who have learned the 20 movements of T'ai Chi Chih. This class will review movements and allow participants to practice the slow, gentle movements that tone muscles and improve circulation with no impact or strain on joints or ligaments.

For both classes, wear comfortable clothing and flat, soft-soled shoes or heavy socks.



ON-GOING ACTIVITIES

BRUNCH CLUB

FOR RESERVATIONS, CONTACT: Kathy Nelson at 651-699-9654
Socialize, make friends, try different restaurants, and chat about current events and activities. To register, leave a message with Kathy by Wednesday for Friday dates and Saturday for Tuesday dates. We need to know how many will attend so reservations can be made. If we must cancel a Brunch Club meeting, we would be able to call those who have registered. The cost to you depends on what you order, payable at the restaurant. The restaurants we choose are wheelchair accessible. For more information on the Brunch Club, call Mary at 651-266-6447.



MEET AT THE RESTAURANT AT 11:00 A.M. ON THESE DATES:

- Tuesday, September 2 - Copper Dome, 1333 Randolph Ave. 651-690-0993
- Friday, September 19 - Cherokee Sirloin Room, 886 Smith Ave. 651-457-2729
- Tuesday, October 7 - Lake Elmo Inn, 3442 Lake Elmo Avenue, 651-777-8495. If you would like a ride in the van for this brunch, we will meet at Sears-Rice Street on the east side of the building at 10:15 a.m. You must make a reservation for a ride as space is limited. Van ride is \$2.
- Friday, October 17 – Bennett's Chop & Rail House, 1305 W 7th St. 651-228-1408
- Tuesday, November 4 – House of Wong, 1163-Larpenteur Ave., 651-488-6687
- Friday, November 21 – River Room at Macy's in St. Paul, 651-292-5222. Parking validation (3 hours). Enter the parking ramp on Wabasha across from Walgreen's or Cedar Street (near 6th St.)

BOWLING LEAGUE, MIXED SENIOR

The "Over The Hill Gang" bowling league meets on Mondays, 9:30 a.m. at Midway Pro Bowl, 1556 University Avenue. The new season begins on Monday, September 8, 2008, and continues through March 23, 2009. This is a USBC sanctioned league for men and women, age 50+. Bowlers pay a one-time sanctioning fee of \$12.00 and a weekly bowling fee of \$8.00. If you want more information, call Mary at 651-266-6447.

CHORUS - GOLDEN MELODY MAKERS

WHEN: Thursdays (ongoing)
TIME: 10:00-11:15 a.m.
WHERE: City Passport Senior Center
380 Jackson Street, Suite 230
COST: Free
CONTACT: Mary, 651-266-6447

The chorus meets weekly for either a performance or rehearsal. Enjoy sharing music with others as we perform at health care centers, senior centers, and special events. The chorus sings four-part arrangements of old-time favorites, Broadway tunes, and other types of music. If you are interested in finding out more about this fun group, call Mary at 266-6447.

Chorus performances can be booked for your special event. We still have some openings for fall. The Golden Melody Makers Senior Citizen Chorus presents a 30-minute musical program. The chorus requests a \$40 honorarium for Saint Paul locations and \$60 for performances in the surrounding communities.

HIKING CLUB

This Hiking Club for adults age 50+ is a fun group that meets every Wednesday at 9:30 a.m., April through November. Hikers of all abilities are welcome. We walk for one hour with hikers going at a pace and distance that suits their ability. Locations and directions are listed in the newsletter. If you are concerned about the weather or need more detailed directions, call Mary at 651-266-6447. Barb Korum is our Hiking Leader.

| DATE | LOCATION | DIRECTIONS |
|------------------------|--|--|
| Wednesday, Sept. 3 | Ojibway Park - Woodbury | I-94 east to 494 south to Valley Creek Road. Turn left on Valley Creek to Woodlane Drive. Turn right on Woodlane. Turn left on Courtly Road, then turn right on Ojibway Drive. Park in the lot near the building. |
| Wednesday, Sept. 10 | Van Hike Pine Tree Orchard - Dellwood | Meet in the Sears parking lot on Rice Street. Park on the Rice Street side of the building, in the furthest left row as you face the building. The cost of the van ride is \$2. |
| Wednesday, Sept. 17 | East River Dr. from Franklin Ave. to U of M Medical Center | Directions to be announced |
| Wednesday, Sept. 24 | State Fair Grounds | Enter the main gates on Snelling and Midway Parkway. Turn right and park at the curb on Cosgrove Street by the Education Building. |
| Wednesday, Oct. 1 | South St. Paul Stockyards | Meet at the Burger King on Concord Street and Grand Avenue in South St. Paul. |
| Wednesday, Oct. 8 | Acacia Cemetery – Mendota Heights | Take 494 west to Pilot Knob Road North. The Cemetery is on the left, just after you cross Highway 13 continuing north on Pilot Knob Road. |
| Wednesday, Oct. 15 | Summit Avenue neighborhood | Meet in St. Luke's Church Parking lot on Lexington and Summit. |
| Wednesday, Oct. 22 | Newell Park Hike Hikers Campfire | Newell Park is located on Fairview Avenue and Pierce Butler Route. Travel west on University to Fairview and turn right. Fairview intersects the park at Pierce Butler. Cost is \$2.00 |
| Wednesday, Oct. 29 | Downtown St. Paul Skyway | Meet at City Passport Senior Center, 380 Jackson St., Suite 230 – Skyway level next to the YMCA. After the hike, you are invited to a party at Kellogg Square. Cost is \$5.00 |
| Wednesday, Nov. 5 | Last Hike of the 2008 season Light Rail to Minneapolis | Meet in the Sears parking lot on Rice Street. Park on the east side of Sears, in the furthest left row as you face the building. We will take the van to Hiawatha Avenue and then board the light rail to Minneapolis and hike the skyway system. Participants will pay for their own light rail |

CITY PASSPORT ACTIVITIES

City Passport is a partnership Saint Paul Parks and Recreation Senior Programs and HealthEast. The activities listed on this page are held at City Passport Senior Center, 380 Jackson Street, Suite 230



City Passport - a place for people 50 and better - is a free membership program for people age

50 and better. Passport is dedicated to enhancing the quality of life for all as we age.

HealthEast Passport and the City of Saint Paul are proud to sponsor City Passport. This is a place to socialize, receive education and be involved in the community. Available are a classroom, private conference room, computer lab and a drop in area with periodicals and a large television. The center is located on the skyway level in Galtier Plaza (380 Jackson) next to the YMCA. Services include: health screenings, health and safety seminars, intergenerational activities, resource center, creative arts program and much more.

COLLECTOR'S ROAD SHOW

Friday, October 24 starting at 3:00 p.m.

Midtown Antiques will come to City Passport for the Collectors Roadshow. Bring in your treasures and have them appraised. If you would like a piece of furniture appraised, take pictures (front, back, and sides). If it has drawers, bring one drawer in along with the photographs.

ART CRAWL

City Passport and Unity One Credit Union will be sponsoring space during the fall Art Crawl, October 10 – 12. If you are 50 and better and interested in displaying your artwork at the Art Crawl, contact Mary at 651-266-6447

TAI CHI

Natural Step School led by Colin Snow will teach Tai Chi at City Passport. Tai Chi is a holistic approach to harmonizing body, mind and spirit. Often described as '**meditation in movement**', Tai Chi is specific but gentle movements of the body that are played below the speed of habit. It increases the flow of oxygenated blood to all the organs, including the brain. It also strengthens the body's natural capacity for regeneration.

Friday, Sept. 26, Free introductory class. Beginners 6-week course starts Friday, October 3rd. 12:15 – 1:00 p.m. Course fee is \$60.00. Space is limited so registration is required. To pay by Visa or Mastercard call the Passport office at 651-232-2400 or send or drop off a check at City Passport.

ACCORDION SING-ALONG

Join Mary and sing along to some old favorites. Rhythm instruments will be available to play or bring your own. Thursday, September 18, 10 – 11 a.m. FREE

CARDBOARD BINGO

Let's play bingo! Something packaged in cardboard will be your entry fee – and maybe your prize! Bring an unopened box of . . . cereal, envelopes, macaroni and cheese – as long as it comes in cardboard. One box will allow you to play one or two cards. If you want to play more cards, bring more boxes! All boxed goods that are collected will be used as prizes. You may also win other gifts and goodies. For more information contact Mary at 651-266-6447 or 651-232-1301. **Cost: your entry fee is one or more boxes of something.**

CITY PASSPORT ACTIVITIES

City Passport is a partnership Saint Paul Parks and Recreation Senior Programs and HealthEast.
The activities listed on this page are held at City Passport Senior Center,
380 Jackson Street, Suite 230

LADIES' TEA

Come with your hat and cup for tea.

Monday, September 29 2:30 p.m. School Days tea. Bring fun pictures, favorite school supply, or think of fun stories to tell. Fee includes finger sandwiches and dessert. \$2.00

Monday, October 27 2:30 p.m. World Series Baseball Tea: Wear your jersey, hat, and think of your favorite stories. Fee includes finger sandwiches and dessert. \$2.00

ICE CREAM FLOAT HOUR .25 Cents
Friday, Sept. 19 1:30-2:30 p.m. Root Beer
Friday, Oct. 17 1:30-2:30 p.m. Orange

HEALTHEAST PASSPORT PLAYERS

Purpose Statement

To encourage persons 50 and better to express themselves by telling stories, using improvisational scenarios and movement to improve mental, physical, and social well being. To break down the stereotypes of aging by communicating and coaching others in the community. We will use creative expression and movement as our canvas.

Some of the comments made by participants about being involved

- I really liked the activities. I am able to be spontaneous, laugh, relate to people, get out emotions, and can be myself.
- I am not focusing on my personal problems here and I don't have any pain.

Passport Reader's Theater

This session is for beginners, or participants who enjoy being on-site for activities. Participants will warm up physically and vocally, and develop skills in improvisation and storytelling. Reading from plays, especially short pieces, that can be done to develop the skills of reading aloud. Learning acting skills, and movement on stage, can be part of this session. Original material can be utilized if someone has a piece they want to develop, or ideas come up in an improvisational setting. Participation may or may not develop into public performances. A televised production, or a live production, would still be in the form of a Reader's Theater.

The Reader's Theatre, led by Helen, will be on Wednesdays from 5-6 p.m. There is no fee to participate.

Passport Players

Deals with participants who wish to perform as opportunities present themselves. Performers who have a part that they would like to do would be encouraged to memorize their lines.

The project will be led by Dean Seal and held every Wednesday from 3-5 p.m. There is no charge to participate.

The HealthEast Passport program is partnering with COMPASS in this art and health care project.

WEEKLY SENIOR GROUPS

At your neighborhood recreation center

All phone numbers are in the 651 area code.

There may be a fee for some of these activities.

If you want further information about any of these programs, call the number listed for that recreation center.

| <u>RECREATION CENTER</u> | <u>ADDRESS</u> | <u>PHONE</u> | <u>DAY</u> | <u>TIMES</u> | <u>ACTIVITIES OFFERED</u> |
|--------------------------------------|-----------------------|----------------------|--|--|--|
| Baker | 209 W. Page | 292-7244 | Friday | 8 am. – 12 p.m. | Cards & Dice / Potluck |
| Battle Creek | 75 S. Winthrop | 702-7718 | Tuesday | 12 - 3 p.m. | Cards, 500 |
| Conway/ Harding Community Ed. | 2090 Conway | 501-6343 293-8733 | Call for info | Call for info | Many educational & recreation programs offered. Call 293-8733 |
| Dayton's Bluff East Metro Seniors | 800 Conway | 793-3885 | Friday | 12 -4 p.m. | Cards, 500 |
| Edgcumbe | 320 S. Griggs | 695-3711 | Thursday Mon. Wed .Fri. | 8 a.m. – 12 p.m. 10:30 – 11:30am | 500, cribbage and bridge Walking |
| Griggs | 1188 Hubbard | 298-5755 | Thursday | 1:00 – 4:00 p.m. | Cards & snacks |
| Hancock | 1610 Hubbard | 298-4393 | Thursdays | 1:00 – 4:00 p.m.. | Cards & snacks |
| Hazel Park | 945 N. Hazel | 298-4088 | Wednesday | 9 a.m. - 12 p.m. | Bowling, darts and cards |
| Hillcrest | 1978 Ford Parkway | 695-3706 | Monday Tuesday Mon.- Fri. | 1 p.m. – 3 p.m. 9 a.m. -12 p.m. 9 a.m. – 10 a.m. | Movies Bridge and social Walking track |
| Linwood | 860 St. Clair | 298-5660 | Mondays Mon. & Thur. Mon. – Fri. Tues & Thur. Friday | 9:15am 12 - 3 p.m. 7 a.m. – 9 a.m. 9:15 a.m. 1:15 p.m. | "Sit"ercise Cards and games Walking 55 plus Fitness class Yoga |
| Martin Luther King | 271 Mackubin | 290-8695 | Thurs. Every 3 rd | 10 am – 3pm | Health topics, Healthy lunch served |
| Merriam Park | 2000 St. Anthony | 298-5766 | Mon. Wed. Fri. | 11 a.m. – 12 p.m. | Walking |
| North Dale | 1414 N. St. Albans | 558-2329 | Mon. Wednesday Thursday Friday | 12:15 – 1:15 p.m. 9 a.m. – 12:30 p.m. 10 a.m. – 3 p.m. 11:30 am-3:30 pm | Exercise 500 Cards, Greedy, Cribbage Competitive 500 |
| So. St. Anthony | 890 Cromwell | 298-5770 | Fridays | 9:30 – 11:30 a.m. | Bowling, darts & cards |
| West Minnehaha | 685 W. Minnehaha | 298-5823 | Fri. Every 3 rd Tues. & Fri. | 11 a.m.- 2 p.m. 10 a.m. -12 p.m. | Bingo & Potluck Walking |

FITNESS OPPORTUNITIES FOR ADULTS 50+

| | | | |
|--|--|---|---|
| North Dale Rec. Center 1414 N. St. Albans Seniors can use the walking track free of charge, Monday through Thursday, 7 – 11 a.m. | Hillcrest Rec. Center 1978 Ford Parkway Seniors can walk for free, Monday through Friday, 9 – 10 a.m. or buy a reduced-rate monthly pass for \$8 and walk anytime. | El Rio Vista Recreation Center 179 E. Robie Walking Track available | Jimmy Lee Recreation Center 270 N. Lexington Walking track and weight room available. Call 651-642-0650 for cost and times. |
|--|--|---|---|

**W. 7th Community Center: 651-298-5493
265 Oneida Street, 55102**

For cost of classes or to register please call the West 7th Community Center at 651-298-5493

Young at Heart Exercise: Monday, Wednesday, Friday, 9:30 - 10:10 a.m.

Big Band Dancing: Wednesdays 1 - 3 p.m. \$3

Massage Clinic: 3rd Tuesday from 1 - 3 p.m.
One-half hour massages \$25

Blood Pressure Check: 4th Monday of the month 12:15 - 1:00 p.m.

Therapeutic Pool: 12 Sessions for \$42. Begins September 4. T & Th from 4 - 5 p.m.

Quilter's Club: 2nd and 4th Tuesday of the month, 10 a.m. - 1 p.m. All skill levels.

Drawing Class: 6-week class, \$30. Thursdays, 1:30 - 3:30 p.m. Starts September 11.

Life Estate Presentation: September 18, 4 - 5 p.m.

Medical Assistance and Government Benefits Presentation: September 30 from 1 - 2 p.m.

55-Alive: 8-hour class. October 1 and 2, 5 - 9 p.m. \$13

Arthritis Self-Help Class: 6-week class. Thursdays, beginning October 2, 1 - 3 p.m.

"What Ifs of History" : 8-week class begins Wednesday, September 24, 12:30 - 2 p.m.

"Abraham Lincoln; His Speeches, His Thoughts" Class: 8-week class beginning Wednesdays, 9/24, 10 - 11:30 a.m.

Senior Health Fair: October 28' 10 a.m. – 12 noon. Flu shots, massage, door prizes.

"The Depression Years" Author & Historian Bob Williams. Dinner. November 19, 4:30-6 p.m.

**Keystone Comm. Center: 651-645-7424
2000 St. Anthony Avenue, 55104**

Upcoming events September thru November

Over 50 & Fit – Monday. Wednesday & Friday, 10 – 11 a.m.

Light Weight Lifting - Monday, Wednesday & Friday- 10:45 – 11:30 a.m.

Walk for Your Health, M-F, 11 a.m. – noon.

Tai-Chi Introductory Class...6 weeks, Tuesday, Sept. 23 – Oct. 28, 10:30 a.m. – noon. \$12

Line Dance - Intermediate-Advanced, Mondays at 1:00 – 2:30 p.m.

Book Club - First Tuesdays 12:30 – 2:15 p.m.

Bridge - Thursdays - 12:30 p.m.

Bridge Lessons for Beginners on Thursdays, Sept. 25, Oct. 2, 9 & 16, 10:30 a.m. - noon. \$5

Cribbage - Tuesdays, 12:30 p.m.

Scrabble - Fridays, 10:45 a.m. – 12:45 p.m.

Mexican Train Dominoes Lessons. 3 weeks Tuesday, Sept. 9, 16 and 23.

Speaker: "All About Loons" by DNR Wildlife Specialist on Monday, Sept. 22 at 11 a.m.

Trip: Guthrie Theater "Little House on the Prairie" .Sept. 24, noon – 4:30 p.m. \$40

Trip: Fanny Hill Dinner Theater "DON'T HUG ME Christmas Carol", Wednesday, November 12, 9:45 a.m. – 5:30 p.m. \$52

Blood Pressure Check - 2nd Wednesdays.

Footcare - 1st Mondays \$20 for a 30 min. appt

55 Alive Refresher Classes - Tuesdays, September 23, October 21, and November 18, 9:30 a.m. – 1:30 p.m.

ACTIVITY REGISTRATION – Fall, 2008

Write only one check, payable to: City of Saint Paul – Adults 50+ .

Return completed form and check to: Recreation for Adults 50+, 25 W. 4th Street, 300 CHA, Saint Paul, MN 55102

If mailing after Sept. 5: Recreation for Adults 50+, 50 W. Kellogg Blvd. Room 840 RCGC West, Saint Paul, MN 55102

Name: _____ Phone: _____

Address: _____ City: _____ ZIP: _____

If you are paying for a guest, please include his/her information on the back.

Please specify any required special accommodations _____

| <u>√Mark</u> choice | <u>Activity / Class</u> | <u>Special Info</u> | <u>No. of</u> <u>People</u> | <u>Cost</u> | <u>Total</u> |
|------------------------|---|---|--------------------------------|--------------------|--------------|
| | 2008 subscription to Pioneer Spirit | | | \$ 5.00 | |
| | City Passport: Cardboard Bingo | Bring your entry fee box the day of the activity. | | 1 box of something | |
| | Class: Cooking Class – Fall Flavors | | | \$ 5.00 | |
| | Class: Gift Basket Class | Choose one: ____ Tea for Two ____ Sundae Best | | \$20.00 | |
| | Class: Senior Exercise, session VI-08 | | | \$25.00 | |
| | Class: Senior Exercise, session VII-08 | | | \$25.00 | |
| | Class: Senior Exercise, session VIII-08 | | | \$25.00 | |
| | T'ai Chi Chih – Beginner | | | \$35.00 | |
| | T'ai Chi Chih – Intermediate | | | \$25.00 | |
| | T'ai Chi Chuan Session III-08– Beginner | | | \$35.00 | |
| | T'ai Chi Chuan Session III-08 – Intermed. | | | \$35.00 | |
| | T'ai Chi Chuan Session IV-08 – Beginner | | | \$35.00 | |
| | T'ai Chi Chuan Session IV-08 – Intermed. | | | \$35.00 | |
| | Newsletter by Email | Email address: _____ | | Free | |
| | Special Event: Fishing | | | \$ 4.00 | |
| | Special Event: Fishing With Transportation | Choose a pick-up location ____ Edgcumbe Rec. Ctr. ____ W. Minnehaha Rec. Ctr. | | \$10.00 | |
| | Special Event: Card Tournament Circle one: 500 Bridge Cribbage | | | \$15.00 | |
| | Special Event: Card Tournament With Transportation Circle one: 500 Bridge Cribbage | Choose a pick-up location ____ City Passport (375 Jackson) ____ Edgcumbe Rec. Ctr. ____ W. Minnehaha Rec. Ctr. | | \$21.00 | |
| | Tour – Pavek Museum of Broadcasting | Choose a pick-up location ____ City Passport (375 Jackson) ____ Conway Rec. Ctr. ____ Edgcumbe Rec. Ctr. | | \$10.00 | |
| | Tour – Old Log Theater Choose your lunch: ____ Smoked Pork Chop ____ Broiled Walleye ____ Stuffed Chicken Breast ____ Vegetarian Lasagna | Choose a pick-up location ____ City Passport (375 Jackson) ____ Conway Rec. Ctr. ____ Edgcumbe Rec. Ctr. ____ Graham Place Apartments | | \$37.00 | |
| | Tour – St. Croix Casino at Turtle Lake TLC# _____ Birthday ____/____/____ | Choose a pick-up location ____ Edgcumbe Rec. Ctr. ____ City Passport (375 Jackson) ____ St. Louis Ch, 10 th /Cedar ____ Conway Rec. Center | | \$ 5.00 | |

Enclosed is Check Number _____ in the amount of \$ _____

FITNESS PACKAGE

Saint Paul Parks and Recreation is offering a fitness package to promote health and wellness among all citizens. A yearly membership allows you to use selected Recreation Center's fitness rooms, walking tracks and Fitness Tracker for \$25/year. Non-City residents Fitness Package is \$50/year.

Daily use of Recreation Center Fitness Rooms - \$3/day, Daily use of Walking Track - \$1/day

Locations

| Center | Fitness Room | Walking Track (indoor) | Showers |
|------------------------|---------------------------------|------------------------|---------|
| Conway | Yes | No | Yes |
| Edgcumbe | Yes | No | Yes |
| Hillcrest | Yes | Yes | Yes |
| Oxford/Jimmy Lee | Yes | Yes | Yes |
| Linwood | Yes | No | Yes |
| Martin Luther King | Yes | No | Yes |
| North Dale | Yes | Yes | No |
| Wellstone/El Rio Vista | Yes | Yes | Yes |
| Wilder | Weight Room (free weights) only | No | Yes |

Register in person at any of the above Recreation Centers to purchase your Fitness Center and Walking Track Annual Membership (includes Photo ID)



Saint Paul Parks and Recreation
Senior Citizen Programs
25 W. 4th Street, 300 CHA
Saint Paul, MN 55102
AA-ADA-EEO Employer
www.stpaul.gov/depts/parks